"Drugs of Common Cold" & Their SAFE Use in:

- Pregnant women.
- Breastfeeding Women.
- Children.
- Patients of Hypertension.
- Patients of Diabetes mellitus.

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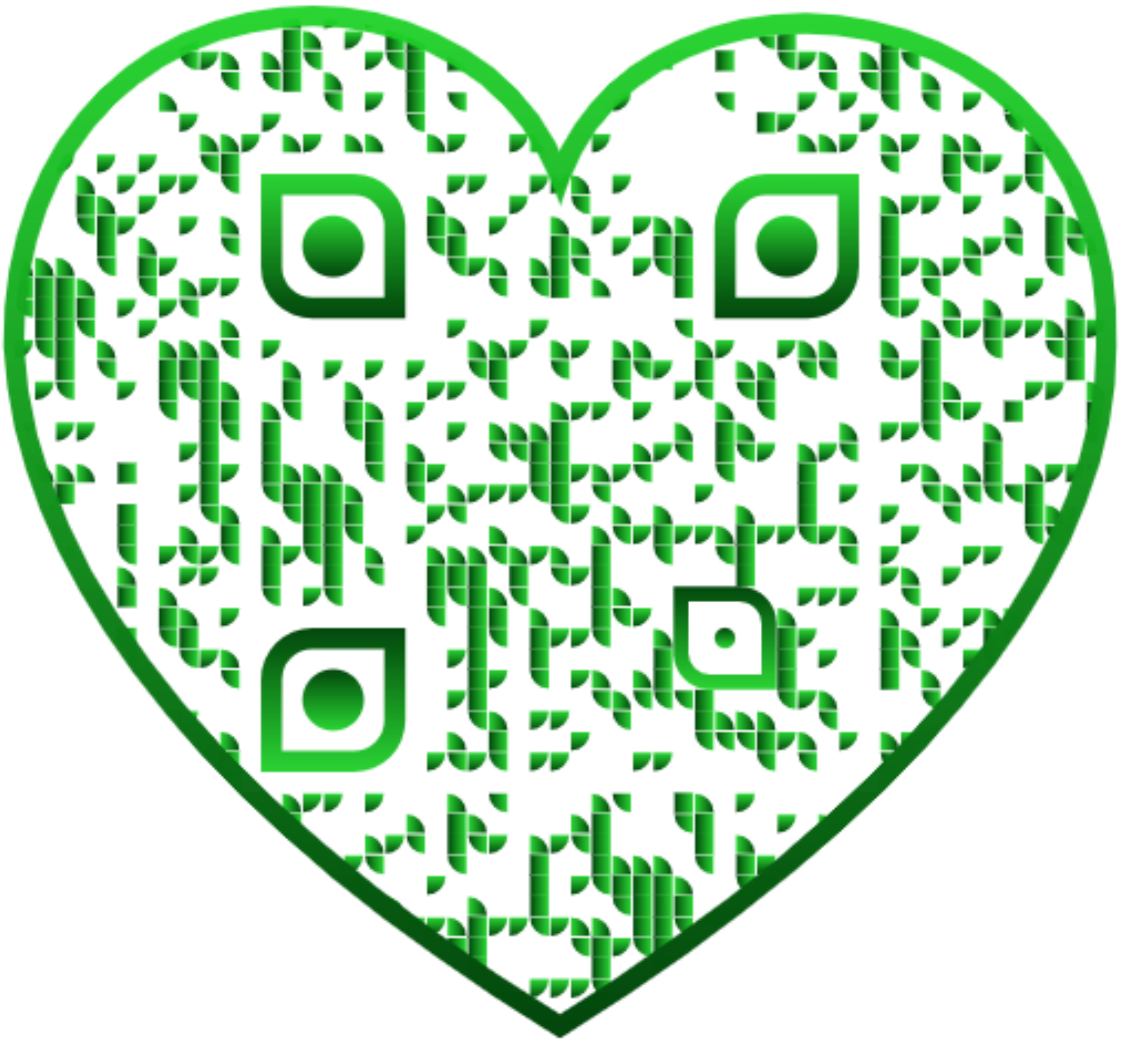

Drugs of Common Cold

1) Nasal decongestive drugs:

- **Oral** (pseudoephedrine - phenylephrine).
- **Local drops or spray** (xylometazoline - oxymetazoline - NaCl).

2) Anti-rhinorrhea:

Oral 1st generation Anti-histamines (Chlorpheniramine - Diphenhydramine).

3) Analgesics/Antipyretics:

Oral Paracetamol - Ibuprofen - Diclofenac … etc.

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1) PREGNANT WOMEN:

Nasal Decongestive Drugs	Anti-rhinorrhea	Analgesics Antipyretics
1st Choice: NaCl. 2nd Choice: Oxymetazoline	1st Choice: Chlorpheniramine 2nd Choice: Diphenhydramine Avoid in the latter part of the 3rd trimester.	Paracetamol

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2) BREASTFEEDING WOMEN:

Nasal Decongestive Drugs	Anti-rhinorrhea	Analgesics Antipyretics
NaCl or **Oxymetazoline** or **Xylometazoline**	**Chlorpheniramine**	**1st Choice:** **Paracetamol** or **Ibuprofen.** **2nd Choice:** **Diclofenac** or **Mefenamic acid**

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3) CHILDREN:

Nasal Decongestive Drugs	Anti-rhinorrhea	Analgesics Antipyretics
<2 years old: NaCl (nasal drops). **≥2 years old:** ➢ **NaCl** or **Xylometazoline.** ➢ **Pseudoephedrine**	**≥6 years old:** **Chlorpheniramine** or **Diphenhydramine**	**<3 months old:** **Paracetamol** **≥3 months old:** **Paracetamol** or **Ibuprofen.**

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4) HYPERTENSION:

Nasal Decongestive Drugs	Anti-rhinorrhea	Analgesics Antipyretics
1st Choice: **NaCl** **2nd Choice:** ➢ **Xylometazoline** or **Oxymetazoline** ➢ **Pseudoephedrine** (with monitoring)	**Chlorpheniramine** (monitoring may be recommended) 	**1st Choice:** **Paracetamol** **2nd Choice:** If BP is controlled, use **Ibuprofen** for ≤ 5 days without monitoring BP.

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5) DIABETES MELLITUS:

Nasal Decongestive Drugs	Anti-rhinorrhea	Analgesics Antipyretics
1st Choice: NaCl **2nd Choice:** ➢ **Xylometazoline** or **Oxymetazoline** ➢ **Pseudoephedrine** (with monitoring)	**Chlorpheniramine** or **Diphenhydramine** 	**Paracetamol** or **Ibuprofen** or **Diclofenac**

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